



Eggless Sugar Cookies

Olivia Benson

An egg allergy is one of the five main food allergies in the world with 2% of the population having it. Since it is now the holiday season, cookies will become an extremely popular dessert to enjoy. However, eggs are a common ingredient in cookies, making it very difficult to avoid them. Luckily, there are simple and easy recipes to follow without eggs. They are fluffy, delicious, and can be ready to eat in 20 minutes!

INGREDIENTS:

(serves 12 cookies)

- ½ cup of sugar
- 2 cups of butter
- 2 tablespoons of milk
- 2 teaspoons of vanilla extract
- 1 ½ cups of all-purpose flour
- 1 ½ teaspoons of baking powder
- 1 pinch of salt
- ⅛ cup of sugar, for topping



DIRECTIONS:

- preheat oven to 350 degrees fahrenheit
- combine softened butter and sugar in a bowl and mix it until it gets fluffier/lighter (put the butter in the microwave for 45 seconds to soften)
- add vanilla extract to the butter/sugar mixture
- put salt, flour, and baking powder into a separate bowl
- combine the wet and dry ingredients using a spatula or your hands (dough should be a little sticky after mixing it)
- add extra flour if dough is not sticky enough
- form twelve equally sized dough balls and flatten to about ½ - ⅝ inches thick
- lightly coat the dough balls with sugar on one side
- bake in oven for 8-10 minutes until the bottom of the cookies are lightly golden

Now you're ready to enjoy delicious and eggless sugar cookies!

THE GORGEOUS COAST OF GREECE

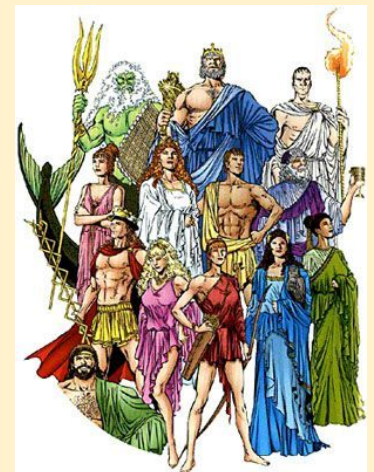
Jessika Rai

The winsome waters of the beach, fascinating antiquity, and historical ruins/sites are all unique components of the gorgeous coast of Greece. Greece is a southeastern European country along the shoreline of the Aegean and Ionian Sea. The longest



and most beautiful coastline of Europe is discovered within the Greek islands and peninsulas. Prominent regions located amongst this country encompass its capital, Athens, Crete, Santorini, Mykonos, etc. Each of these places have elements that make them quite interesting tourist locations. Almost 11 million people inhabit the lands of Greece, which is quite an immense population size. The perfect climate is located in Greece; moderate winters, and balmy summers, making it one of the major reasons for a large populace.

When you were a 12 year old, sitting in the middle school History class, you had probably acquired the knowledge of Ancient Greece, the birthplace of Western civilization, and most likely had opinionated it to be boring. Well, the most significant detail of Greece is about their ancient era, from circa 2000 - 500 B.C. The birth of the city-state was from the disperse farming villages until they began to evolve, making civilizations such as the Minoans and Mycenaeans. Archaic Greece's influence,



impact, and continuation of legacies are still modernly seen as time passes. There are a lot of contributions to the present days from ancient Greece which include: the Alphabet, Olympics, Science, Math, Philosophy, Architecture, and much more. If it weren't for the Greeks, we probably wouldn't even have a properly formed written language. Also, they merely focused on the Greek Pantheon and devoted their lives to do as much as they can to please them.

As you travel across the lands of Greece, your stomach yelps with starvation as it makes abdominal sounds. Hunger! Well, a sensational factor of the cultural country of Greece includes all of the palatable foods that are available at every whereabouts. The Greek Cuisine is comprised of Moussaka (fried eggplants with minced meat and potatoes and baked with a creamy, white



sauce), Spanakopita (a savory pastry filled with spinach, feta cheese, onions, egg, and seasoning), Gyros (a Greek sandwich made with chopped pieces of meat and vegetables wrapped in a flatbread), Souvlaki (Greek kebabs), Loukoumades (fried dough typically topped with honey and served as a sweet dish), and so on.

Mmm... scrumptious!

Furthermore, there is an abundant amount of other intriguing attributes that make Greece the ideal vacation destination like all of the beaches! Top-rated hotels such as Andronis Luxury Suites, located in Oia, Greece with a 5-star rating, or the Sani Holiday Beach Resort are exceptional places to stay at while on your adventurous tour. During this trip, tourist attractions are scattered throughout so you can have the availability to be amused at any given time. Acropolis of Athens is where the hilltop ancient temple lies that stood (and is still standing!) for

circa 2500 years, the Parthenon. The whitewashed cubic buildings that lay on the island of Santorini are a prime tourist destination. Moreover, there are the monasteries of Meteora that hold some fascinating discoveries you can't miss, and there are still so much more locations!



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Self-Esteem and Teenagers

Heather Hancock

Middle school: hormones bouncing off the walls, body odor wafting through the hallways, vape smoke being puffed by students, and how could I forget about the occasional fights that every student posts on their social media and “stories”? It's a common belief that most of the problems in middle school are caused by parenting methods, learning disabilities, and even anxiety. These problems are only half of what the real problem is, the underlying issue that leads to many worse problems in middle school is low self-esteem.

Low self-esteem is the root of most problems in middle school; improving your self-esteem will solve and/or limit the occurrences of these problems. Low self-esteem is a lack of confidence and feeling bad about oneself. This lack of self-esteem can be damaging to a teenager because they are already fragile as is. Low self-esteem can cause a teen to become depressed which can then lead to poor academic performance or could lead to temptation for drugs and alcohol abuse. The effects of low self-esteem are very damaging to one's mind, body, and performance. “According to a questionnaire given to 90,000 students in grades 7-12, self-esteem helps teens deal with emotional stress. Additionally, having good self-esteem correlates with success later in life, mainly because good grades and confidence can allow a teen to start out with scholarships and other opportunities” from Merced High School. Having low self-esteem could lead some down the wrong path. Striving for an A, planning for the future, and staying away from the temptation of drugs and alcohol are all examples of things someone who has a healthy self-esteem would do. High self-esteem is very good for the teenage mind since I

think we all can agree that teenagers are all pretty fragile even though they all act as though they're not.

The argument against self-esteem is that high self-esteem, though it may be good, is actually very harmful. Psychologists at Iowa State University have linked high self-esteem with the failure to quit smoking. "People with high self-esteem have difficulty admitting their behavior has been unhealthy and/or unwise," writes researcher Frederick Gibbons. The claim is that all kids don't need to worry about low self-esteem, what we need to worry about is having a very high self-esteem. A study popularized by Charles Krauthammer, written in Time magazine, investigated the self-concepts of 13-year-olds in Britain, Canada, Ireland, Korea, Spain, and the United States. Each was administered a standardized math test. In addition, they were asked to rate the statement: 'I am good at mathematics.' The Americans judged their abilities the most highly (68 percent agreed with the statement). On the actual math test, the Americans came last. Krauthammer concludes: "American students may not know their math, but they have evidently absorbed the lessons of the newly fashionable self-esteem curriculum wherein kids are taught to feel good about themselves."

I feel the claim that high self-esteem is harmful is wrong, especially when it comes to a student having a healthy self image and avoiding problems associated with low self-esteem. If we are able to fix and help students who lack healthy self-esteem, I feel we could solve many problems in middle school. Some ways to help teens gain self-esteem is to first "talk to yourself positively: treat yourself as you would your best friend. Be supportive, kind and understanding. Don't be hard on yourself when you make a mistake. Challenge negative 'self-talk' – every time you criticize yourself, stop and look for objective evidence that the criticism is true (If you feel

you can't be objective, then ask a trusted friend for their opinion.) You'll realize that most of your negative self-talk is unfounded. Don't compare yourself to others: recognize that everyone is different and that every human life has value in its own right. Make an effort to accept yourself, warts and all. Acknowledge the positive: for example, don't brush off compliments, dismiss your achievements as 'dumb luck' or ignore your positive traits." Provided by betterhealth.vic.gov. There are many more ways to help gain lacking self-esteem. These are only a couple, but helping students use these will help solve many problems going on in schools. It will also hopefully limit drug use in American middle schools.

In conclusion, self-esteem is a major issue among teenagers. Low self-esteem leads to many problems in middle school and solving this problem would mean a better school experience and a more tranquil environment. Imagine a middle school with no girl fights, no drug use in the bathroom, and teenagers who have learned that they are good enough just the way they are. The future is promising if self esteem is properly addressed.

THE FRIEND

Anonymous

Brunette hair

Brown eyes

Tall and Fair

Not one to despise

Her scrunchie on her wrist

Silky and gray

The color of mist

She's one to slay

Friendly and funny

Has a big heart

Her personality is so sunny

No one can tear us apart

We have many inside jokes

Like elbow wars

And touch my robe

And how she is a safari explorer

She is such a good friend

She makes my day better

I'll love her to the end

I'm so happy to have her as my best friend...

"A Calming Place"

Emilia Savich

when you feel anxious or stressed
or when you're about to go awry;
Close your eyes, make your breath slow,
And let your imagination soar.

Let yourself have a moment of rest
In order to open your mind's eye;
Permit this new scene to show,
And allow yourself to explore.

The crisp scent of winter fills you with zest
As you look at the nature nearby;
Evergreen trees covered by inches of snow
Carry the tracks of birds from days yore.

Stay in this place until peace has been accessed,
And then you must say goodbye;
Return to the place where your emotions overflow
And you will find that you are distressed no more.



Anxiety in Students

Katie Almond

Mental illnesses are all too common issues in our society. Thousands of people live with anxiety disorders daily, including children. This is often brought on by school. Although this is a problem, there are solutions. The number of students with anxiety is increasing, but having more school guidance counselors could help combat this issue.

A full workload can cause students to develop anxiety. Many kids spend hours a day on school work, especially those in advanced classes. After going to school for up to seven hours, they have to come home and continue to work. This also does not take into account any sports or extracurricular activities the person may be involved in. The stress of prioritizing



everything and completing assignments can very easily become overwhelming. In fact, the American Psychological Association conducted a study which shows that 45% of teens feel pressured and stressed because of school.¹ Psychology Today has stated “Our system of constant testing and evaluating in school - which becomes increasingly intense with every year - is a system that very clearly substitutes extrinsic rewards and goals for intrinsic ones. It is almost designed to produce anxiety and depression.”²

¹ Neighmond, Patti. “School Stress Takes A Toll On Health, Teens And Parents Say.” *NPR*, NPR, 2 Dec. 2013, www.npr.org/sections/health-shots/2013/12/02/246599742/school-stress-takes-a-toll-on-health-teens-and-parents-say.

² “The Decline of Play and Rise in Children's Mental Disorders.” *Psychology Today*, Sussex Publishers, 26 Jan. 2010,

Students' environments can also be a cause for anxiety. Being around a large group of people can be a trigger for social anxiety, particularly if the student is not friends with them. In addition, bullying is a problem that is faced daily. Not feeling comfortable around your peers really can take a toll on your mental health. As said by Psychology Today, "School is a place where children have little choice about with whom they associate. They are herded into spaces with other children that they did not choose, and they must spend a good portion of each school day in those spaces." and that "Whether the bullies are other students or teachers (which is all too common), the child usually has no choice but to face those persons day after day."³

Having more guidance counselors at schools could help to solve this issue of students' mental health. Counselors are able to help kids manage their time and are there for emotional support. However, many schools do not have enough guidance counselors to accommodate all of their students, leading the kids' problems to be overlooked. The American School Counselor Association recommends that there is one guidance counselor to every 250 students, but not all states meet that recommendation.⁴ That also does not mean that every school in the state (regardless of whether the state as a whole meets the ratio) has an adequate guidance staff.

Some may say that kids are too young to be greatly affected by an anxiety disorder or other mental illness. Although there is an age difference, kids can be and are impacted by mental

www.psychologytoday.com/us/blog/freedom-learn/201001/the-decline-play-and-rise-in-childrens-mental-disorders.

³ "The Decline of Play and Rise in Children's Mental Disorders." *Psychology Today*, Sussex Publishers, 26 Jan. 2010, www.psychologytoday.com/us/blog/freedom-learn/201001/the-decline-play-and-rise-in-childrens-mental-disorders.

⁴ *Supporting LGBTQ Faculty: The School Counselor's Role* | American School Counselor Association (ASCA), www.schoolcounselor.org/press.

illnesses just as much as adults. Studies from the Anxiety and Depression Association of America have shown that by age 14, 50% of lifetime cases of mental illness started to develop and 75% started to develop by age 24.⁵ The sooner that students are able to get help and learn to cope, the better off they will be when dealing with their mental health as an adult. Having more guidance counselors at schools could help that 50-75% tremendously.

In conclusion, many students are facing anxiety, much of which is caused by school. However, there is a solution to this problem: schools hiring more guidance counselors. Kids would benefit from talking to someone about their struggles and it would help them cope with their mental illness. Changes can be made to improve students' mental health, we just need to make them happen.

⁵ "Teens and College Students." *Anxiety and Depression Association of America, ADAA*, adaa.org/living-with-anxiety/college-students.

Education is Worth It

Molly Quigley-Sanborn

Education is something we all need as we grow up. Starting off with a strong education will help you kickstart your life as you begin to become independent, but there are many problems that cause kids from not having an education. Over 202 million children in the year 2016 did not go to school once in their lives. Most of these children live in fragile countries that have poor education systems.

Afghanistan, Liberia, and Central Africa are examples of countries that have very minimal education. Parents only have time to protect their children in these countries from various wars, starvation, etc. The children don't have much to look forward to when they are older but to just work and provide for their families. To help solve this problem I think it is our job (America) to help them out. I believe that sending teachers and money to help start a school system would be very useful for these countries that are less fortunate than us. Providing for them can help many adolescents form a life that they want, not the life that was "written in stone for them." As kids, we always have the dream to be a singer, firefighter, or even a full-time parent. With an education, you can fulfill those dreams.

In more fortunate countries a huge problem with education is kids dropping out of school. 1.2 million students in the USA dropout of high school each year. That means less than 70% of high schools students are graduating. Most kids drop out because of the de-motivating environment and constantly failing courses. De-motivating environments mean that kids are not getting the support they need from fellow students

and teachers, whether it is getting bullied or being constantly downgraded because of low grades. Self-esteem is getting lowered in students because of these problems which cause them to just give up. Many teens would say that even a few kind words and getting encouraged by teachers can help them get through a rough day at school. This problem needs to be solved and fast because many more students may be receiving their diplomas.

Teachers a couple years ago were always involved in the lessons that were needed to be taught. Using either a whiteboard or a chalkboard, they would find new ways to keep their students involved and excited for the new school days to come. Today, electronics are almost always used to teach kids and not all the time having verbal conversation in a classroom. I, personally, would rather be taught straight from the teacher, not online. I always seem to understand better and keep more engaged in a lesson. I am sure many other people feel the same way. Teachers should convert back to teaching the way they used to instead of using a computer for everything they teach. Kids may become more involved and enjoy coming to school everyday.

Education overall is always making positive changes. The slight problems that need to be fixed can easily be done with our help. If we give a little effort into making these changes, education will be provided to everyone, many more people will want to stay in school, and children, teens, and adults will have a better time learning.

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.” -Unknown



If Colors Were Emotions

Ally Townsend

Red. Blue. Yellow. Green. Purple. Orange. All colors give off different vibes to each and every person. I'll go through what all of them mean to me starting . . . now.

Red - Red and sometimes pink symbolizes love. Hearts are in the air. You are with the love of your life having a deep, heartfelt conversation. Red can also symbolize the season of Christmas. Red tinsel and ornaments wrap around the bright green pine needles. Spending time with your loved ones is a joy for all. Surrounded by the red and green decorations that symbolize happiness with family and friends. One last thing red could symbolize would be anger. You are furious at your friend for messing up your homework. Red pen scribbles cover the page of your personalized journal filled with all of your private feelings and thoughts. The pen presses so hard on the page, it rips write through.



Orange - Orange could symbolize fall. You sip on your pumpkin spice latte while watching the crunchy leaves trickle off the beautiful, almost naked, oak tree. Pumpkins at your doorstep are a fall must have during the chilly halloween season. You bundle up in your thick, bulky sweater by the burning fireplace. You are warm under your cozy blanket. You are dreading the fact of school tomorrow, and you take a nap to recharge for the morning.



Yellow - Yellow could symbolize happiness. Sunny, summer days and blue skies fill your heart with joy. Your morning is blessed with Jimmy Dean breakfasts covering the entire top of your dining table. You sip lemonade whilst lounging by the poolside. You invite your friends over to swim in the freezing pool, but they can only stay for a few hours. When they leave, you are alone, but still joyful because of your immense collection of Jimmy Dean Sammies.



Green - Green could symbolize nature. Pine trees and forests are aesthetically pleasing when thinking of green. There are birds chirping at your window. You see the nests of them up in the trees and they are beautiful sight to see. You are hiking up a grassy mountain or

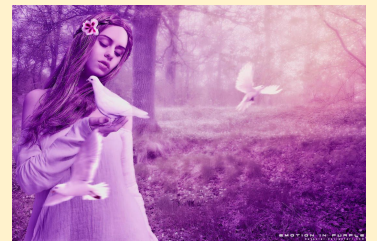


through a path in the woods. It is an incredible journey. Green can also symbolize, once again, Christmas. Green and red decorations fill the house with joy and Christmas spirit.

Blue - Blue could symbolize sadness. You have a hard day at school, work, etc. and you get home and just lay in your room ALL DAY. You are bored out of your mind. You are so upset you don't even know what to do, so you don't do anything. All you do is sit in your room and stare at the wall until eventually, you fall asleep and wake up to a brand new day. Along with yellow, blue could also symbolize the opposite of sadness, a happy summer day. You are at the beach, look up into the bright blue sky and then down at the water below your feet and immediately feel an endless amount of joy.



Purple - Purple is a tough one because when I think of purple, I don't really think of any emotions. I've been thinking, purple can really symbolize any emotion you want. You could think of it as a symbol for joy, sadness, anger, love, or fear. I think of purple as more of a neutral color along with pink. Therefore, there is really not much to say about purple.



"A Barred Owl"

Emilia Savich

*The barred owl regally sits
Upon the tallest branch in his tree;
He doesn't fly, but simply watches
The scenery far below.*

*A long and winding path
Travels through the forest,
Carrying two passengers on bikes
Who go as fast as they please.*

*This doesn't interest the owl,
As he is still sitting and searching;
Turning his head from side to side,
Looking for something needed.*

*A fox glides through the trees
And shrub and bushes on the floor;
Her auburn fur barely visible
In the dark twilight light.*

*The night is falling fast,
And yet the owl still sits;
A long and deep moan is heard,
A sound begging for food.*

*A rustling comes from the detritus
Far below on the forest floor;
A brown mouse cautiously crawls
Out from the safety of his home.*

*Suddenly, the owl vanishes,
Flying through the trees' branches;
Carried by wings of silence,
He is not noticed by his prey.*

*The mouse sees the shadow flying above,
And begins to scurry to his home,
But it is too late as he is
Lifted off the forest floor.*

The persistent moan is heard no more.



Blond Bestie

Anonymous

Her colorful cardigans
Starting a trend
we always have arguments
About whos are the best

Her personality is the best
Everytime she makes a joke, everyone is blessed
A heart made of gold
Never ever cold

we have so many jokes
Like bowdy
And growdy

She makes me laugh
She's my other half
we have so many photographs
That I can't keep track

Her amazing music videos
Are the perfect combo
with her always painted nails
And all her epic fails

She is my best friend
our friendship will never end
I'm so thankful for her
She's a singing connoisseur

Friend

Jacklin Haddock

“Hey!” you scream at your friend who is miles away, but still visible, with their back turned. You run at them. Along the way, though, you trip, you fall, you cry, you go hungry, you go thirsty; you risk everything for your friend. You get there. You see them with someone else. You try to tap them on the shoulder only to find that you were hallucinating. You turn back, get home, and find your friend; you rush up to them, “Hey!” They turn around; the other person you saw is with them. They push you down. “Friend?” you say. They just smiled and shook their heads. You must be hallucinating. No, it’s not real. You wake up, realizing it was a dream but also a memory of the past. You start crying. Your neighbor bursts in. They ask if you’re okay. You freeze in realization. You smile and run into them. You hug them with a huge smile and say, “*You’re* my friend. Thank you.”

Always realize that your true friend is closer than you think, before you don’t have a chance to realize. Don’t cry over the fake, smile over the real.



Last Breath

Jacklin Haddock

It was the month of January and the year of 2019. It was last period of the school day when the drill happened. The alarm had gone off which caught most people by surprise. The murmurs were saying things such as, “Why is the alarm so loud?”, “Thank god! The alarm saved us!”, and “Ugh! Why?! It’s so cold!” Meanwhile, she was thinking to herself, *First off, this alarm isn’t even loud! You people should hear the alarm at the Mitchell school. Second off, that’s not true. That just means you’ll have more work tomorrow! Then third, go to Canada. It’s way colder there!*

Soon after the alarm sounded, all the students were lined up in the field. It looked like there were about two hundred or three hundred students and about ten teachers... maybe more. The principal yelled at everyone because they were all talking. Most students went silent, too scared or worried to talk; some continued talking after the principal stopped talking; some weren’t even talking to begin with.

On the way in, she started having trouble breathing through her nose like she usually does. She started taking deep breaths through her mouth, which was weird for her because she usually only does that when she’s at home or when she’s alone. She knew it was a panic attack, but she thought to herself, *Why or how?* At first, she thought it was because they were being yelled at. But she thought, *No way. That’s never happened before when people yell at me.* She tried to remember the last time she had a panic attack. The only times she had had panic attacks was when she was in a parking lot and felt uncomfortable about how she looked because she felt that something was wrong with her outfit. And she had gotten yelled at all the time and that didn’t affect her, so that couldn’t be it.

She suddenly realized that she was half-right. She knew it wasn’t because of them being yelled at-it was because of the amount of people there were. That’s when she officially figured out that she had social anxiety. She didn’t have that at the beginning of the school year. *I guess things change.* She had wished that her best friend was in that class with her, then she might be able to control her breathing better, or he might’ve been able to figure out that she has anxiety. He still doesn’t know, but at least she figured out why that had happened.

About a month later two things happened. First, there was another fire drill on the fifth of February; she knew that she would get another panic attack, so instead of looking up she kept her eyes locked on the person in front of her shoes. It unexpectedly worked. She only had trouble breathing for a few seconds every time she looked up and saw all the people. She also couldn’t breathe that well once she got back into class. Probably because she was holding her breath for the whole fire drill, but still, no one noticed. She’s used to that though. Second, she found a website that told her exactly what to do if she had an attack again. Once she had finally calmed down, she thought, *It wasn’t my last breath after all... For a moment there, I thought it was...*

All about me, sans



Im sans, as you can see im too lazy to use caps. i have a brother, and his name is papyrus or what i call him, paps. i like jokes and puns. oh, and if you ever hurt paps **your gonna have a bad time!** for some reason people think im ness but idk who that is. i have a sock that i never pick up, at this point me and paps have sticky notes of



him trying to get me to pick up the sock! And my room is a mess and you can see... i still don't know how that tornado got into my room, but it keeps me company. I can a instrument, wanna know what it is? The trombone heh. But

anyway that's all i wanna tell you about me since paps and this weird kid wants me to do this.. So... bye
(where did this kid come from anyway? Oh, they just disappeared...)



Sinner: A Book Review

Mattie Young

Sinner by Maggie Stiefvater is an interesting book. It is about Cole from the *Shiver* trilogy (the NARKOTIKI head singer, intelligent wolf-boy) and Isabel (the rich, disobedient, helpful, smart, mean then nice girl). They were kind of in love but Isabel had to go to Los Angeles and they started to separate. When Cole went to Los Angeles for his work since he got to be a singer again, everything changed. Cole said he was there for her but he was also there for his job. Isabel also has a job but it isn't being a nurse or working at a hospital, its working at a clothing store. They have lot of hard times and good times but they had the same thing back in Mercy Falls. If you missed Isabel and Cole from the other books, then you should check this book out. It also has to do with love, but it has to do with a human girl and a wolf-boy. If you want to read this book, then you have to read the others too.. From the *Shiver* trilogy, read *Sinner*.

Hair Color Quiz

Alivia Goble

Answer these four questions and I will guess what color hair you have.

This has worked 100% of the time.

1. What season were you born in? A. Summer B. Winter C. Other
2. What's your favorite food? A. Yellow cake B. Chocolate Cake C. Funfetti Cake
3. What's your favorite monkey? A. Baboon B. Gorilla C. Chimpanzee
4. What is your favorite color? A. Yellow B. Purple C.Red

Now tally up how many of each letter you got.

If you got mostly **A**'s you have blonde hair.

If you got mostly **B**'s you have brown hair.

If you got mostly **C**'s you have any other color hair/no hair.



Christmas

Aleksandra Manger

You smell the evergreens a mile away from the farm. You are on your way to pick one up. Oh, their sweet smell.

Then you go home and you decorate it with your same old boring ornaments.

Or do you come home with heart warming smiles, as you decorate your lush green tree? Ornaments that have sentimental value to you, your mother helping you decorate, etc. You may even add some silver tinsel, or some candy canes just for good measure!

Immediately the next day you go sledding with your friends and family! Bundle up, it's cold! Whether it's a poor slope or an immense slope, you have fun anyway. When you come home, you make hot cocoa, and share some laughs while you sit by the blazing fire.

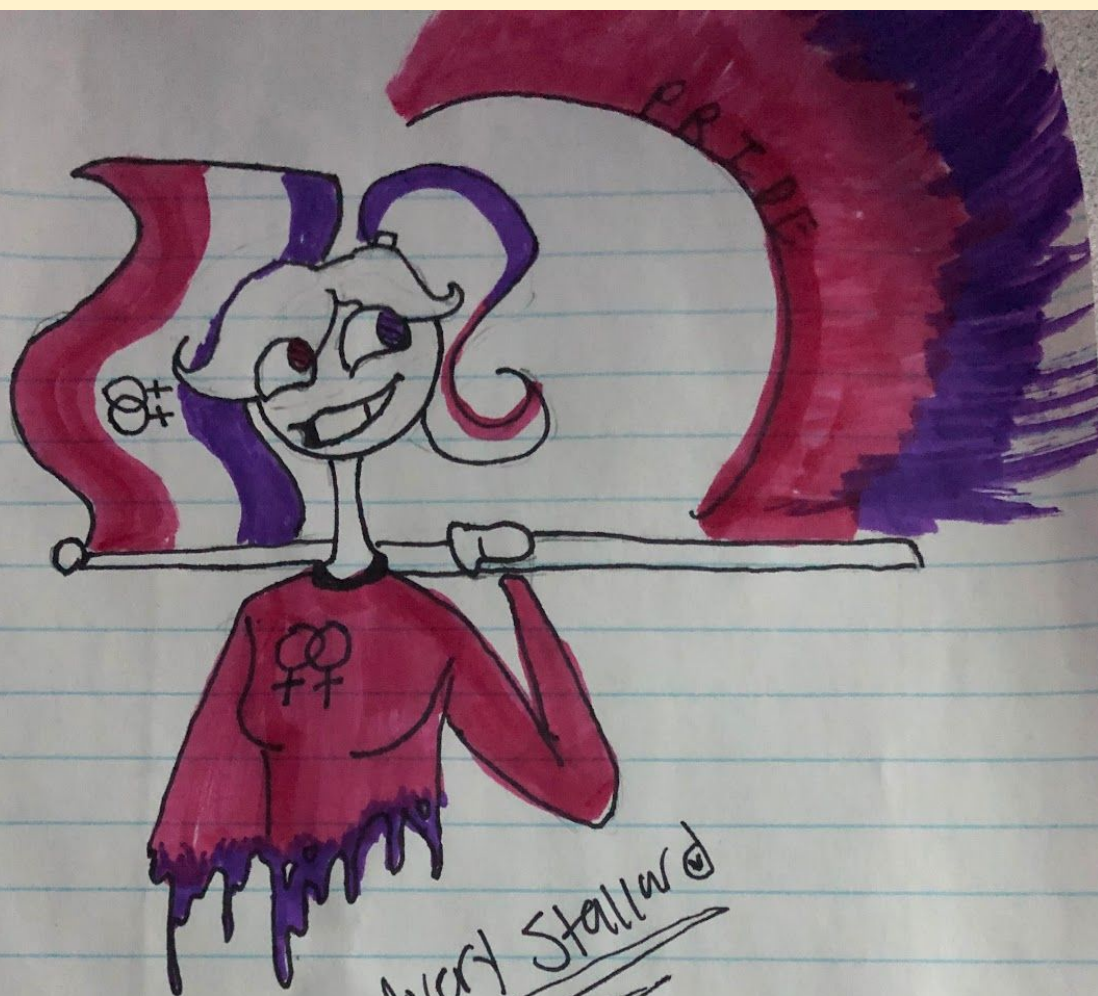
Before you know it, it's Christmas morning!

Oh, but a child's favorite time now!

Presents red and green, gold and silver! Bows and ribbon placed neatly on top of each present. Dozens of them everywhere! "Santa's been here!" They all team with excitement, as they see that the cookies have been eaten and the milk gone! Stockings filled to the rim with smaller presents, and even some on the fire place! "*From Mr. C*", is written every where.

And lastly, the sweet smiles of all the children of the world. Opening your first present, a feeling of that I can not describe. But Christmas is not about presents. It's about joy and family, giving and receiving, the warmth of your loved ones, and laughter.





Body Language

Annie Saunders

Body language is like reading minds. You could look at people and tell what they are feeling and, with a little brain power, what they are thinking. Reading body language is not looking at a person and looking at the posture, you need to feel the air. Say if your friend is acting weird and you don't know why, you can solve that with the three L's: Looks, Language, and Listening.

Looks- See what looks your friend is giving you. For example, if they are not looking at you, they may be sad or angry. If they are glaring, they are definitely mad. If they are red, they could be feeling sad about something that you or another person said or did. Getting up abruptly could mean they are mad and have to get away from you or another person.

Language- If they talk fast, they are most likely nervous about something. If they talk angrily, surprisingly, they are mad. If their voice is shaky, they are fighting back tears. If they are saying, "I'm not mad", something's bugging them; whether they're actually mad or not, you are bothering them.

Listen- You should listen to their tone of voice toward other people. Also, think back on past events and what happened earlier. If your friend is mad, you will probably know what you did. If you do not know, don't keep asking, "Are you mad?" That's annoying if they are mad, but they don't want to talk about it. You should let it be, and if it is a problem, they will tell you.

